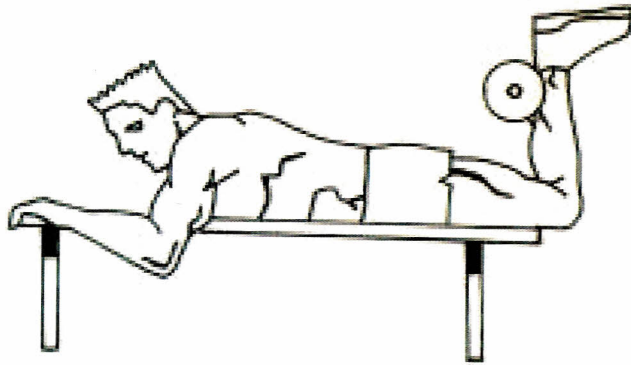


STATION #1

What motion is occurring in the picture?

Identify the 4 muscles involved?

What is unique about one of these muscles? (Identify the muscle; explain both functions and why it is able to do both functions and the others are not)



STATION 2

What motion is occurring in this picture?

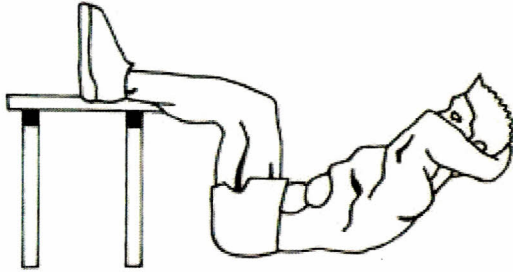
What 3 muscles are responsible for this action?

Which one is on the outside of your posterior leg?

Where do these muscles start?

Because they start there what other motion are they responsible for?

What big muscle assists in that motion?



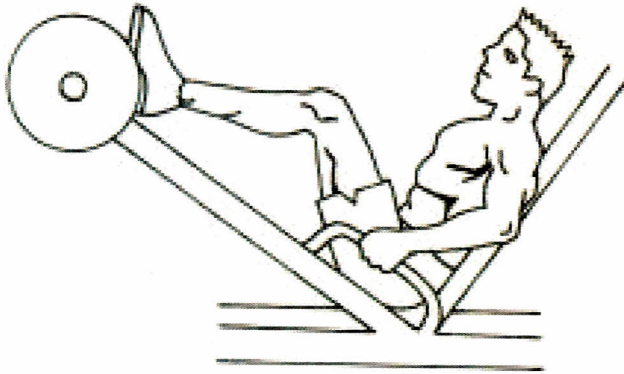
STATION 3

Do this first set of exercise to increase strength in your rectus abdominis. How did you do this?

What is the appearance of someone with well developed rectus abdominis muscles?

Do an exercise to increase strength in your internal and external obliques. How did you do this?

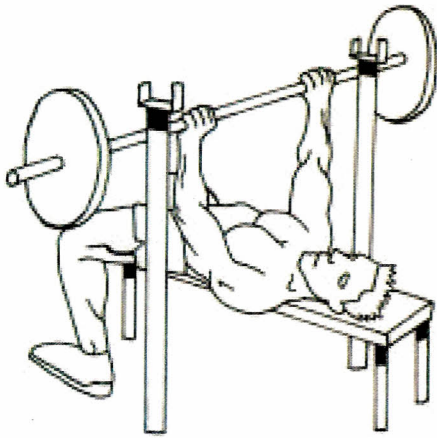
What do you do to strengthen your transverse abdominis?



STATION 4

This exercise works every major muscle group of the upper leg.
Complete the chart with the four different movements of the hip and the muscles that are in each.

Movement & Muscles	Movement & Muscles	Movement & Muscles	Movement & Muscles



STATION 5

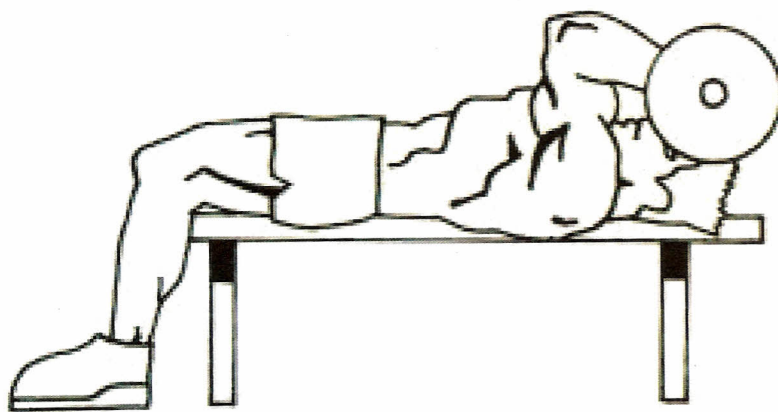
What 3 major muscles are going to be worked in this picture?

Which one (or 2) does horizontal adduction)

Which one does elbow extension?

What other exercise can you do with no equipment that works these same muscles?

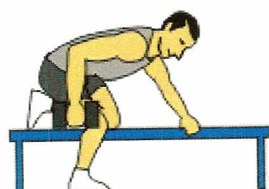
NOW DROP AND GIVE ME 20!

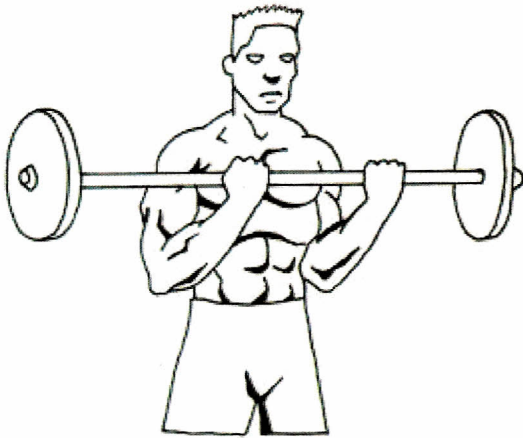


STATION 6

What motion is occurring here?

What muscles are being worked?





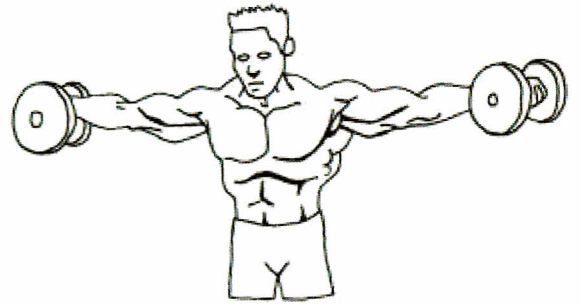
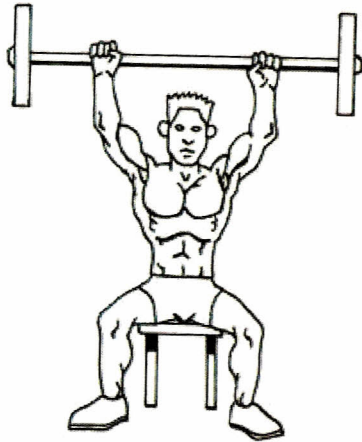
STATION 7

Use the curl bar for 3 different sets so that you use all three muscles that move the elbow the way the picture is showing?

What motion is occurring in the picture?

What three muscles can accomplish this motion?

Identify your forearm position for each different muscle?

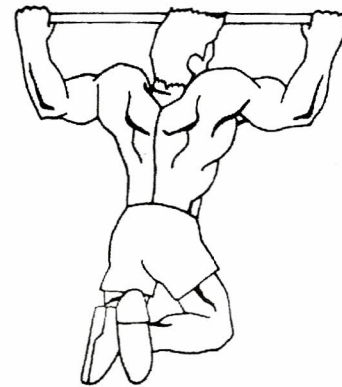
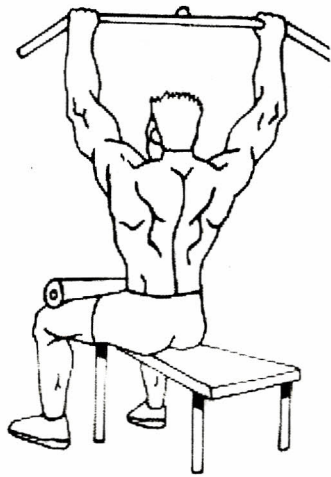


STATION 8

What motion is occurring in this picture?

What muscle is being used? Why do is have that name?

There are three separate parts to this muscle. What are they and what motion does each one do?



STATION 10

What muscle will you be exercising when you do this activity?

What motion and what plane is this motion according in?

If you turned your hands the other way what muscle would be the primary mover?